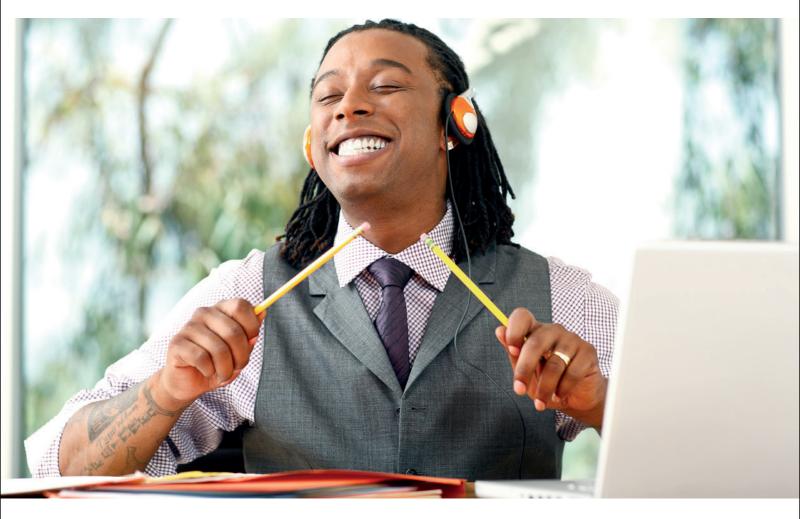


Finding Balance

Your stress management program starts soon



Address your stress

We've teamed up with Kaiser Permanente to bring you a simple-to-follow, 8-week program designed to help you manage stress more effectively. Through weekly emails and activities, you'll take a look at how stress affects you – and explore positive ways to deal with it.

Keep an eye on your inbox – the program starts soon! In the meantime, get a head start on your path to a less stressed life with the Finding Balance stress management guide.



Kaiser Permanente health plans around the country: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232